

JULY 2008

Facets

for women

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brownies:**
a delicious
summer
treat

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ACCOUNTABILITY**



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Written by Mindy Sargent



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Walk-in Shower



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Dear Ames Contracting Team:

I wanted to say thanks for a job well done on my mother's bath remodel. It went from a 50-year-old eyesore to one that looks like it could be featured in Better Homes and Gardens. Not only is it attractive, but it is also safer for an elderly person to use.

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Connie Owens*

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NOTES from the newsroom



I'd like to say how sorry we were to hear about the passing of Nancy Lewis on May 21. She was 74. Most Facets readers knew her as the Happy Old Lady. Her husband, Ed, sent me an e-mail on May 17, letting me know Nancy had chosen to move into Hospice House. The letter is below:

Dear Mary,

I'm sorry to tell you that Nancy had to terminate her chemotherapy several weeks ago because it was too hard on her physically. She has been growing steadily weaker, and she made the decision a week ago to move to Hospice House.

Ever since her last column - describing her illness and her intent to embark on a program of chemotherapy - was published, she has received many cards and e-mails from Facets readers, many of whom she had never met but who had been touched by her columns. The column meant a lot to her. She discovered a talent in later life that she didn't know she had, and she was pleased that she was able to communicate so well not only with her contemporaries but also with younger women. She had many more ideas for columns, if her body hadn't given out.

With regret,
Ed Lewis

Nancy was gone from this world just four days later.

I'm sorry to say that when I arrived at Facets in early April, Nancy had already stopped writing for the magazine, having written her last column for the March 2008 issue, so I never got the chance to meet or talk to her. That is my loss. She will be missed. One devoted reader called me recently wanting copies of the last 12 issues of Facets Nancy had written for. I'm sure she won't be the last one to ask as she touched many readers' hearts with her voice.

Nancy's passing came too early, and her death should remind each one of us to live every day not knowing if we will have a tomorrow. There are no guarantees. As the old saying goes, "life is fragile, handle it with care."

— MARY HALSTRUM, *Facets* Editor



Nancy with her grandson.

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WELCOME TO Facets

Facet - 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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Cover photo by Ngaire West-Johnson

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Celebrate AMERICA

THIS FOURTH OF JULY

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Correction

In the June issue of Facets, a poem on page 16, "Capture My Heart," was not credited. This poem was written by Rose Elsbecker, a new contributing writer to Facets magazine. We regret the omission. Also, in the same poem, a line was printed incorrectly. The fourth paragraph should read "Breezes wafting across the way caressing my cheeks..." We regret the error.

Excuse free DESTINATION

By DEBRA ATKINSON

Too busy this summer to exercise? "School's out for summer" for some is a welcome tune, to others it may be confused with the theme from "Psycho." Your well-targeted exercise opportunities from the past nine months are quickly slipping through your fingers as you examine your summer taxi service, travel itinerary and change in daily schedule, kids or no kids. Nearly a month of summer-like weather has passed, where is your exercise routine?

Going to be traveling too much this summer to get that membership started now, sign up for classes, or get a personal trainer? So you're thinking that you'll wait until a better time like this fall when things slow down. How has that worked for you so far? Does this sound similar to the plan you had at Thanksgiving? When do you think it will be more convenient for you? Do you find that in reality when you slow down you'll be dead and it won't matter? Do you think the progression of disease is going to take a vacation?

While you are knocking the ball down the fairway, do you think that you are keeping fit? The moments when you swing that club right before you jump in the car? Possibly you really think that because you are going to be boating and fishing more that life is too complicated to add one more thing to the schedule? Too many decisions to be made about bobbers and lures to be bothered with heart rate and repetitions? Are you also able to push away from the dining room table and consume fewer calories and take a vacation from indulging because you are so busy this summer?

Do you think while grandparenting, your duties and responsibilities just don't allow you to get in any regular exercise? Surely your adult children would be upset with you if you were so irresponsible as to take time while nannying for them (so they can lounge on the beach sipping drinks with little umbrellas in them) to ensure that you don't get colon cancer and can control your blood pressure and cholesterol without medications. Yes, of course that would be selfish of you.

You are entertaining a houseful of guests and can't fit in exercise this summer? As if you would let them come into your home and make you smoke a pack of cigarettes or eat a handful of lard? Inactivity is

also a risk factor. Where did you get the idea that you were being selfish in taking care of your health? Are you A.) Looking for an excuse to avoid it? Or B.) Enjoy exercise and find that it must be a guilty pleasure and self-sacrifice is so pure it just isn't right?

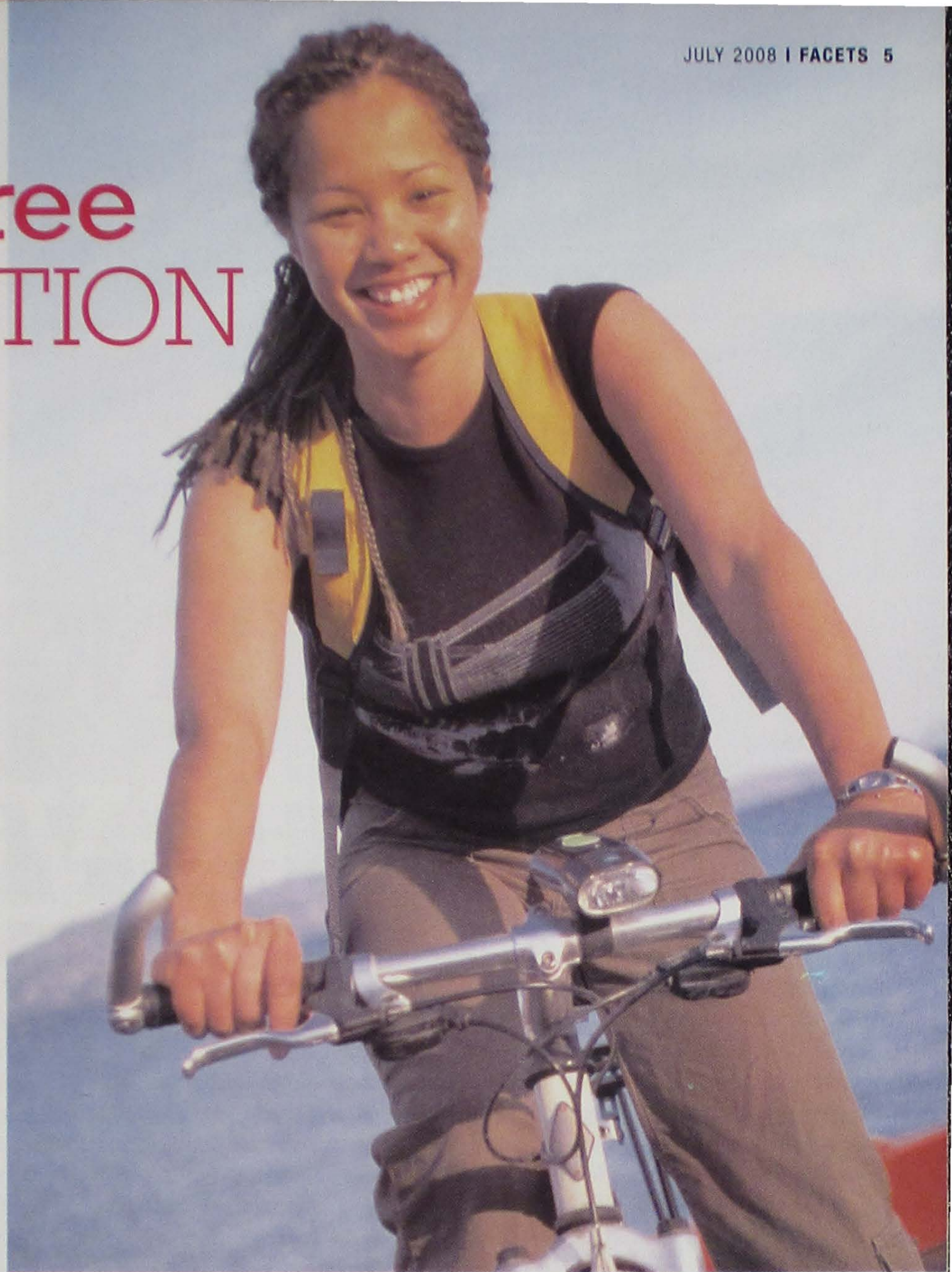
So with all the social opportunities and summer pleasures you find ways to justify an expanding waistline. Maybe you even find yourself considering surgery to enhance other parts so that proportionally it's all better? Add a few shoulder pads or visit the lingerie department in the mall at the very least.

And yet another solution is to indulge in a few more beverages that dehydrate. Don't you always feel thinner after you fly? And you know that truly southern women are not thinner they just drink copious amounts of Diet Coke. Never mind that it makes your body work overtime just to function and

operate much less efficiently as it does so.

Do you really need to have a second s'more? Do you feel a grilled hotdog is a right of passage in order to indulge in the taste of summer? How wasteful would it be to throw away the kids' half eaten Blizzard? There are people starving in the world after all. And of course there's always the need to add to the 5,000 to 10,000 calories of stored fat (the amount even a lean athlete has) in order to get through your heavy activity of moving from the car to a lounge chair to sitting in the inner tube as it goes down the slide or gets pulled behind the boat.

Why don't you give your excuses a vacation this summer? After all, the price of gas is up, the economy is down and you can save a lot of gas by burning calories on foot or by bike instead. Unless of course you prefer to carry extra baggage and pay the high fee that comes with it.





The dangers of HELICOPTER PARENTING

By MALISA RADER
Parent Coordinator/ISU Child Development
Laboratory School

When my daughter, Michaela, was ending her second grade year of school, she had her heart set on who she wanted as a third grade teacher – Mr. Paulson. This wasn't just a "this is who I'm hoping for" situation for my daughter. She really wanted this teacher more than anything.

As a parent, there was a real part of me that wanted to make this happen for her. I considered contacting the elementary principal and making a request that Michaela be placed in Mr. Paulson's classroom. But I eventually made the decision to help my daughter use her own skills to solve her problem. We began by having a conversation on what it was that she wanted, why she wanted it so desperately, and what options she had to solve the problem. She decided on writing a letter to the teacher explaining how much she wanted to be in his class, how she thought she would learn best from him, and that they would make a great team.

A part of my heart ached because I knew it was the principal who made classroom assignments and that most likely those assignments had already been made. But I didn't want to take away my daughter's hope (even though I knew it might lead to disappointment), and finding your own voice is an important skill for young people to learn.

On the final day of the school year, I received a call from Michaela on my cell phone. Her school sends home the name of your next year's teacher on the last day of school. She was in tears...she had not been placed in Mr. Paulson's

class but in Mrs. Marineau's. Again, my heart ached. Did I make a wrong decision in not contacting the principal? This was a disappointment for my daughter and I wanted to make it all better. After a conversation with my spouse, we decided that disappointments are a part of life. And our job as parents is not always to rescue our children, but to help them learn coping and problem-solving skills.

A term used by Hara Estroff Marano in her book "A Nation of Wimps: The High Cost of Invasive Parenting," is "helicopter parenting." This is a name given when parents rush to prevent any harm or failure from occurring to their child. Helicopter parents may have difficulty knowing when it is necessary to step in and advocate for their child and when it is more appropriate for their child to handle things on his or her own. The visual is a pretty good one – the picture of the parent hovering over the child's every move and frequently touching down to solve issues. It is easy to understand how this can happen – we all want the best for our children and as parents we feel the strong desire to protect our children from any discomfort. But this approach can lead to an environment where young people have trouble functioning on their own. That doesn't mean that a total hands-off parenting style is best for children either. There is a balance we have to find in helping and guiding our children through a task or problem, and our strong desire to "fix" whatever may come their way – while still taking into account age, individual children's needs and the context of each situation.

Marano offers the following suggestions to parents in order to avoid helicopter parenting but stay involved in their child's life:

- **Let children play.** Starting when they are young, provide unstructured time for exploration and play.
- **Eat dinner together.** Start at an early age with everyone sitting at the same table eating the same food, with nothing else going on but conversation in which every family member gets to participate.
- **Teach how to tolerate discomfort.** Help children develop frustration tolerance skills and ability to cope with uncertainty.
- **Learn how and what to praise.** How you give praise to a child is important. Reward the process and the effort — not the talent or the product.
- **Encourage your child to problem solve.** Teach and model brainstorming for new ideas and creative problem solving.
- **Give kids increasing responsibilities.** Try to stop managing their lives for them.

Source: *Child Care ExchangeEveryDay*

I hope that in my daughter's situation she learned two lessons – what she can do to solve a problem and how to emotionally handle a situation that doesn't go the way she wants. Fortunately, Mrs. Marineau has turned out to be a terrific teacher and Michaela, while initially disappointed, is happy with how things turned out. Learning to "let go" is never easy, but as parents we sometimes have to allow our children the freedom to learn and even sometimes experience struggles, so that they will be better equipped to manage life in the long run.



Innovation at suppertime

By BUD STRUM

There were five kids in our family while I was growing up back in the 1950s. I was the oldest and watched as my Mom stretched a pound of hamburger from here to Mason City and on occasion, Minneapolis, just to get us fed. When I was 17, the surprise child that many families receive showed up just as I was about to graduate from high school and strike out on my own. Mom and Dad, though surprised, welcomed the new baby as if it were their first but were probably glad I was leaving the nest very soon.

But times were hard then. Two decades earlier America had survived World War II and the Great Depression. Memories of these historic and tough times were still bright lights in the memories of the older generation, and feeding the family was a priority. Rationing of groceries during the war years had many families watching every penny

and some even hoarding a product they thought may soon be in shortage. Prices were low compared to nowadays as I remember my Mom filling the trunk of the old Chevy with \$10 worth of groceries each Saturday night when we went into McCallsburg for provisions and a bit of socializing.

I recall hamburger at \$.33 cents a pound and bread was a dime a loaf. Dairy products were reasonable and a staple in every home. One odd thing was that eggs were \$.59 or \$.69 cents a dozen as they have been until just recently. We had our own chickens so that didn't matter at the time. But prices for groceries are rising and feeding even a family of four can be expensive. With gas prices out of control, corn for livestock feed and ethanol production at record highs, I think we can foresee times at the dinner table as a more innovative and artful hours during the day. The innovator

and artisan in this case will be Mama! Taking the lower-priced products and blending them into a delicious plate at meal time is no easy task. And the kids will just have to get used to it.

Things like Dinty Moore stew with macaroni or rice added to make it last will become normal fare, adding Jiffy cornbread or biscuits. Goulash with hamburger, tomatoes and macaroni, and more fresh vegetables from the garden will grace our tables.

I don't think canning or freezing is an economical substitute when name brand canneries like Del Monte and Green Giant can be purchased for such reasonable rates when caught on sale. Pork and beans is a great staple and grocers like Fareway put them on the shelf with a coupon for a draw at four for a buck regularly. No beating that! Stock up on the \$.88 cent weenies and lots of bologna and cheese. Soda crackers are cheap

if you're not picky! And except for the soups, store brands usually taste as good as premium names. I do not buy off brand soups! I don't like them and I don't think my kids should eat what I won't. Campbell's only! I grew up on Campbell's tomato soup made with milk and a grilled cheese sandwich on the side. I still eat that combination quite often. If you want to see your kids empty a soup dish, get the best. That's not a Campbell's commercial, it's a fact!

So, it's settled then! It will be hotdogs for the Fourth of July. Top that off with some peach cobbler made with Jiffy biscuit mix and some hand-churned ice cream for dessert. Go to the local park or river bank and wet a line for entertainment. Prices may be high for some things but Americans are known for their innovative flair for food and entertainment and a family outing is a wonderful way to spend a weekend afternoon.



Head-to-toe summer SKIN CARE

By KATHY L. P. COOK, M.D.

Protect your skin:

Everybody knows that sunscreens are your first summer skin care essential. I recommend a broad spectrum UVA/UVB product with SPF of 30 or higher. There are many forms such as spray, gel or lotion. Find one that you like the feel of and will use consistently. Neutrogena Dry Touch is a good choice with extended wear time of 4 hours. Don't forget your lips and use a product designed for them. Avoid petroleum or shiny glosses as these attract UV rays.

Hair care:

There are also UV filters in hair-care products to help prevent

fading of color (especially in color-treated hair) and protect against breakage. Look for Parsol SLX in products.

Eye protection:

Wear sunglasses with UV filters to help prevent cataracts. Hats provide protection for face, eyes, scalp and hair.

Exfoliate skin for a smooth appearance:

Use products that are designed for the area where you will be using them. A facial scrub will have finer particles and should be used sparingly once a week. Coarser scrubs can be used on the body, especially the knees

and elbows, 2 to 3 times a week. Exfoliating prior to using sunless tanners will give a more even tone.

Sunless tanners:

These are a great way to get some color without the damage of tanning. Some moisturizers have a gradual effect, which, if alternating days with a regular moisturizer, can be very natural in appearance.

Cleansing the skin and makeup:

These may need to change in hot or humid conditions. The skin often feels oilier in the summer. Use a product

containing salicylic acid to wash. A toner will also be helpful. You may not need any moisturizer or a lighter product with SPF that is tinted will serve a dual purpose. If you feel the oil returning during the day refresh your makeup by misting the face with a toner and patting with a tissue. Follow this by dusting with a loose powder. Drier skin types should avoid foaming detergents and use a barrier repair cream that contains cholesterol, ceramides or fatty acids. Sensitive skin needs anti-inflammatory ingredients like chamomile or cucumber such as Eucerin Redness Relief or Aveeno calming line. There are also several products your dermatologist can suggest. Skin that is wrinkled, freckled or has sun spots can benefit from prescription products.

Shaving:

This activity becomes more frequent in the summer as more skin is exposed. Use a good razor and shaving cream for women. In a pinch in the shower use your hair conditioner to shave (and as a body moisturizer). Getting razor burn and ingrown hairs or just tired of shaving? Consider permanent laser hair removal available in our office.

Feet should not be neglected:

After soaking in the shower use a pumice stone and apply a lotion with urea or lactic acid like Amlactin or Amlactin XL to keep the heels soft. Paint the toenails to cover-up any minor nail flaws or treat yourself to a pedicure! If your nails are thickened or discolored, it may be a fungal infection which requires evaluation by your dermatologist and prescription medication.

Have a great summer!

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Photo by Ngaire West-Johnson

Members of Creative Women's Group focus on finding their true essence

By MARY HALSTRUM
Facets Editor

Once a month, for about three hours or so, a group of nearly 20 women meet at Images by Ngaire, a photo studio owned by Ngaire West-Johnson located just off Main Street in Ames. These women come together because they share a common goal of discovering their true essence.

And just exactly how do they go about this search? Each woman dedicates herself to a project of her choosing for the period of one year. For example, Johnson, 40, is tracking her migraines; Karen Petersen, 61, is redesigning herself from the inside out; Mary Pepper, 64, is planning a custom walking/hiking trip in Vermont; and Elaine Axmear, 30, is getting her home in sync with harmonious living. Then once a month the members report back to the group about their progress.

Petersen, a certified financial planner, said she thinks the concept

behind the group, which meets every third of fourth Wednesday of the month at 6:30 p.m., is appealing.

"I loved the potential of a group of women coming together to share ideas, energy and experience. This is a monthly gathering to share thoughts and dreams without being judged or told 'how to fix it.' This group was created to be a place to learn about our own creativity and to realize we do have the ability, if we want, to make changes in our lives," she said.

West-Johnson agreed and

offered up her studio as the meeting place.

"I think we've attracted a great batch of educated women," Petersen said. Her project of redesigning herself includes losing weight, keeping her hair color consistent, and trying to quit judging what she "does" and just "do."

The meeting kicks off with members getting reacquainted with each other. Then, at about 7 p.m., the group gets down to the business of sharing their progress on their respective projects over the past month. Each woman gets three minutes of sharing time, which is strictly enforced so the meeting doesn't last for more than a couple of hours.

During the meeting on May 28th, prior to the women sharing their progress reports, West-Johnson read from the book "Style Statement: Live by Your Own Design," by Carrie McCarthy and Danielle La Porte, a book that was the inspiration for the Creative Women's Group.

Afterwards, West-Johnson shared with the group that she's had six acupuncture treatments for her

migraines and hasn't experienced a severe headache in several months. Every member then takes a turn sharing.

"Just because I have space, doesn't mean I can't use it efficiently," said Axmear who is pregnant with her second child. "I've learned that you

"This is where your essence meets your expression. This is about finding your authentic self. It's about being the best you can be."

can never have enough Rubbermaid tubs. The cleansing process is not one that happens overnight. It's a lot like losing weight, one shelf at a time."

Part of Hedieh Saedi-Razani's project was cleaning up her basement during which she found several items that she subsequently donated to charities.

Some of the members shared that

they hadn't made much progress on their projects but were thinking about them nonetheless.

"This group is about accountability," said Allison Walter. "I am rediscovering who I am."

Later during the meeting, the big group is broken down into smaller groups to promote a more personal connection. These groups aren't permanent, changing from month to month.

Petersen sums up best what the group's goal is for each member.

"This is where your essence meets your expression. This is about finding your authentic self. It's about being the best you can be," she said.

At the end of the year, each member will have the opportunity to display her finished project either by bringing in the actual project or using before and after pictures, said West-Johnson.

The Creative Women's Group came to be in January 2008 and already boasts a membership of 27 women. For more information about the group, call West-Johnson at (515) 233-5447.



Photo by Ngaire West-Johnson

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Celebrate AMERICA

THIS FOURTH OF JULY

By SUE ULLESTAD

The Fourth of July holds many traditions for each one of us. For me, the day begins with excitement and anticipation. I quickly and dutifully put the flag in its holder for all to see. I choose a red, white and blue summer outfit to wear for the day, and then I rush back to the kitchen to make potato salad and striped jello. Extended family will soon be coming and I must have everything just so. I locate the flagged centerpiece and place it carefully in the center of the table with other patriotic decorations. We'll eat lunch here and then go to the Ledges to hike. The guys grill the hamburgers.

After lunch and the Ledges, some of us go to the Herman Park Pavilion to hear patriotic music while others go back to the house to cool down and rest. My heart swells with pride as the concert ends with everyone singing, "America, the Beautiful." We meet back together to devour homemade ice cream made the day before. I can never get enough. I love it! My sister and sister-in-law help me pack the hotdogs, beans, condiments, the ingredients for s'mores, plates and all that we need for our evening meal. Our family, including all ages, love going to the timber at the farm.

It is so Iowa. It is so America...sitting around the campfire talking and roasting hotdogs and marshmallows. Sounds of Squaw Creek trickling over the rocks soothes our everyday stresses and slows our hurried days. Sprayed for mosquitoes, we sit reminiscing about past Independence Days with toads serenading us. Quick...what time is it? We'll miss the fireworks if we don't leave now. Ten miles back to Boone. We're OK. They haven't started yet! We always get to the south edge of town in time. We all have a favorite type and color of fireworks display. Good thing the Jaycees included them all. I hate to see the show end.

Sparklers and quiet talk back at our house. It has been a good day! One full of love for family and our country. It doesn't get better than the U.S.A.

What traditions does your family have? Add something new, but keep most things the same. Your kids will remember in years to come how you made it special and they will, in turn, make it a special time for their families someday. Stick with those you love. Sit back and contemplate this great land in which we live. Say a prayer for those in the armed services. God bless America.

★ Area Fourth of July Celebrations

STORY CITY

- ★ Ride the carousel. Open from noon until 9 p.m. (Rides ½ price from 6 until 9 p.m.) on July 4th
- ★ Picnic in the park

BOONE

- ★ Picnic at the Ledges State Park or McHose City Park.
- ★ VFW Brats/Burgers – 6 p.m., Herman Park (north of McHose Park)
- ★ Community Band – 7:30 p.m., Herman Park – patriotic music
- ★ Eve of Destruction Stunt Races, Boone Speedway – 7:30 p.m.
- ★ Fireworks at dusk from Speedway south of Boone

AMES


- ★ Four on the Fourth Road Race – 7 a.m.
- ★ Pancake Breakfast – 8 to 10 a.m., City Hall, admission is free
- ★ Patriotic Parade – 11 a.m. to 1 p.m., Main Street

- ★ Bill Riley Talent Show – 9 a.m. in Bandshell Park, 520 6th St.
- ★ Picnic at Inis Grove or Northside Park
- ★ Main Street Cultural District – fun activities offered throughout the day
- ★ Children's Carnival – noon until 7 p.m., near Bandshell Park
- ★ Vendors in Bandshell Park – noon until 7 p.m.
- ★ Local bands (Burning Sensation, Nadas, Buskers) – 2 until 6 p.m., Bandshell Park, \$3 admission, 10 and under free with proceeds going to the Jaycees for fireworks show
- ★ Johnston Station Jazz Band, free admission – 7:30 p.m., Bandshell Park/Durham Bandshell
- ★ Fireworks at Smith Park near Jack Trice Stadium – 10 p.m.

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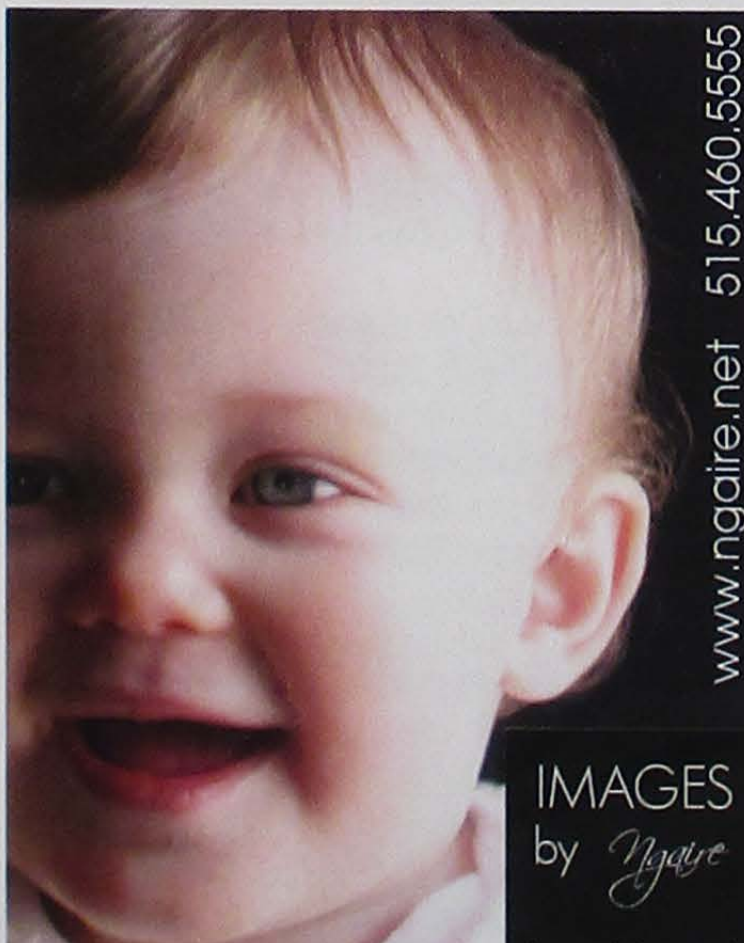


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july calendar

TUESDAY, JULY 1

Ames Address Tuesday will be held every Tuesday from Memorial Day through Labor Day. Reiman Gardens will waive its regular admission fee for residents of Ames. Summer hours are 9 a.m. to 7 p.m. Show a driver's license or other ID with an Ames address. Fees required for educational and event programs. Call (515) 294-2710 for more information.

JULY 1-31

The 2008 Reiman Gardens Photo Contest is open for submissions. So get snapping amateur photographers. You are invited to enter the sixth annual contest, sponsored by the Reiman Gardens' CoHorts. Reiman Gardens will accept submissions from July 1 to July 31. All photographs must be taken at Reiman Gardens. For more information, call (515) 294-2710.

THURSDAY, JULY 10

A Brown Bag Lecture will be held at noon. Bring your lunch to the Gardens and enjoy an education program. Attend each month and experience a new topic presented by local and regional professionals and lecturers. Stormwater Gardens: Water Conservation & Creek Protection presented by Mimi Wagner, ISU Landscape Architecture Dept. Free for members; price of admission for guests.

SATURDAY, JULY 12

Tweens, teens, and adults are invited to crochet and knit on the 2nd and 4th Saturdays of each month from 11 a.m. to 12:30 p.m. in the Founders Suite at the Ames Public Library. Everyone is welcome, from beginners to experts. Bring your project/supplies if you have them. Sponsored by the Teen Advisory Group.

SUNDAY, JULY 13

A lecture at Brunnier Art Museum, Vaseline: A Glass Aglow by Marty Lawson, at 2 p.m. Iowa Quilter Marty Lawson will explore the unique composition and quality of Vaseline glass and present an overview of its production from the 1800s through present. She will define and clarify methods and tools for glass identification, as well as offer tips on display and presentation of this vibrant type of glass. Free admission. For more information, call (515) 294-3342.

SUNDAY, JULY 13

Enjoy art in the garden and the garden in art at the Garden Art Fair at Reiman Gardens. More than 40 artists will be present to sell art inspired by garden and nature. Admission is free for all guests. For more information, call (515) 294-2710.

JULY 14-16, OR 21-23

Story Theater Company Summer Workshops will be from 9 a.m. to noon or from 1 p.m. to 4 p.m. Price is \$180. Ames City Auditorium.

SUNDAY, JULY 20

The Ames Garden Club Flower Show will be from 9 a.m. to 4 p.m. at Reiman Gardens.

THURSDAY, JULY 31

A Brown Bag Lecture will be held at noon. Bring your lunch to the Gardens and enjoy an educational program. A Summer Story at the Gardens will be presented by the Reiman Gardens Summer Interns. Free for CoHorts' members; price of admission for general public. For more information, call (515) 294-2710.



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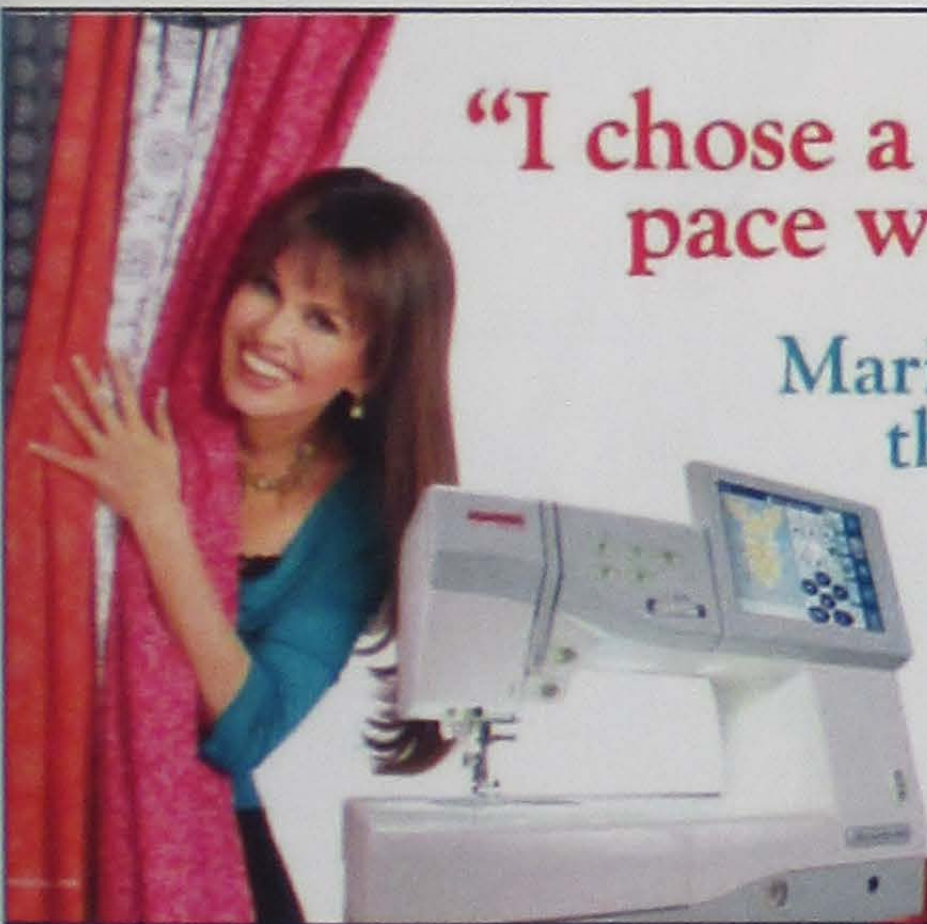
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FOOD BITES

Zucchini BROWNIES:

a delicious treat



By JOLENE PHILO

July is all about cooking with fresh garden produce. Try serving zucchini, a prolific and versatile squash, as a summer side dish. Use it in stir fry or marinate it and cook in on the grill. If you have more zucchini than you can use in a month, freeze the excess and add it to baked goods throughout the year.



I was a young mom when a good friend gave me this recipe for zucchini brownies. She created the recipe for a neighbor who was allergic to eggs. The brownies' moist, almost malty flavor, was an instant hit with my husband. Topped with buttermilk frosting, which is added as soon as the pan comes out of the oven, they're ready in a hurry. For a special treat, serve them warm with ice cream – delicious!

Barb's Eggless Zucchini Brownies

- | | |
|---|--------------------------------|
| 1 cup butter | 1 cup cocoa |
| 2 cups sugar | $\frac{3}{4}$ cup milk |
| 2 $\frac{1}{2}$ cups flour | 1 teaspoon vanilla |
| 2 $\frac{1}{2}$ teaspoons baking powder | 2 cups peeled, grated zucchini |
| 1 $\frac{1}{2}$ teaspoons baking soda | 1 cup chopped nuts, optional |
| $\frac{1}{2}$ teaspoon salt | |

Preheat oven to 350 degrees. Cream butter and sugar. Add dry ingredients. Stir in zucchini, milk and vanilla. Pour into a greased 10 x 15 or 12 x 17 inch pan. Bake for 20 – 25 minutes. Frost immediately.

Buttermilk frosting: In a saucepan, mix $\frac{1}{4}$ cup butter, 3 tablespoons cocoa and $\frac{1}{4}$ cup buttermilk. Cook and stir until boiling. Remove from heat. Beat in 2 cups powdered sugar and $\frac{1}{2}$ teaspoon vanilla. Pour frosting over warm brownies or cake and spread evenly with a knife. Sprinkle with nuts if desired. These brownies keep best stored in the refrigerator. If you pour the batter into a greased 9 x 13 inch cake pan and bake it for 30 – 35 minutes, it makes a great chocolate cake.

On the Hunt for Zucchini

If you don't garden, you can still find zucchini year-round at area grocery stores that carry zucchini. But for fresh, local produce, visit one of these farmers' markets:

Ames Farmers' Market: Outdoor market open Thursdays from 2 to 7 p.m. and Saturdays from 8 a.m. to 3 p.m. at the Main Street Depot in downtown Ames. For more information, go to www.amesfarmersmarket.com.

North Grand Farmers' Market: Open from May to October, Wednesdays from 3 to 6 p.m. in the J.C. Penney parking lot. For more information, call (515) 232-7930.

Boone Farmers' Market: Thursdays from 3 to 6 p.m. in the Boone Wal-Mart parking lot.

Freezing Zucchini

Grating and freezing zucchini is a good way to salvage zucchini that grew faster than expected. Wash, peel and seed the squash. Cut into chunks and shred in blender or food processor. Freeze in plastic freezer bags.

Grilled Zucchini

Here's a summer side dish that sounds way too easy. Select three zucchinis, eight inches in length. Cut them lengthwise into $\frac{1}{2}$ to $\frac{3}{8}$ inch thick slices. Place a shallow dish. Pour $\frac{3}{4}$ cup of Italian salad dressing over the slices. Flip slices around to coat with dressing. Grill over medium heat for approximately 8-10 minutes. For more ideas, Google "grilled zucchini" and see what pops up!

Girlfriend's guide to financial independence

Welcome to the first Girlfriend's Guide to Financial Independence. And the timing is perfect, right before the Fourth of July...Independence Day. One of the most important things we can learn and share with our daughters, our friends and all those we love and care about male and female is the knowledge and confidence that comes with financial independence.

Join me each month as I pose a financial question to local women. The topics will be about market conditions, financial terms, investment methods and other topics to help you plan for financial independence.

As you read my column, think about your unique financial situation. I invite you to actively participate in the column; let me know people you would like me to interview (be brave, volunteer yourself) and topics you would like to read about.



This month I interviewed:

Dolores Brown has lived in Ames for 43 years and exudes an "I-can-do" attitude. She has good health, friends of all ages, great children and grandchildren and is a frequent traveler.

Elaine Axmear is living many of her life goals. She owns a successful business in Nevada, The Nest Boutique, and is the mother of two children. She and her husband live on and operate a family farm.

This month's topic is **Volatility**. The media is proclaiming our economy is in

dire financial straights. The "perils of market volatility" is an often used phrase. It seems we are being told market volatility is a bad thing and we should consider ourselves warned. So what is market volatility? In a volatile market prices and values tend to fluctuate sharply.

Another way to think about market volatility is risk tolerance. When you make an investment you are required to indicate your "risk tolerance." Here is an example:

An investment of \$10,000 would

become \$10,200 if you had an annual return of 2%. This return is similar to the interest in a savings account. An investment of \$10,000 would grow to \$12,000 if you had a return of 12%. This is the kind of return you could realize in a stock mutual fund investment.

So what is your risk tolerance? Which return do you choose, \$10,200 or \$12,000? The 2% return indicates low-risk tolerance, maybe a 1 on a

her about dollar cost averaging (DCA). This is a way to really appreciate the down side of volatility. Here is how DCA works:

1. Invest the same amount of money automatically each month.
2. If the market is high, you buy fewer shares.
3. If the market is low, you buy more shares.

Dolores has been an investor for many years. She does not worry too

One of the most important things we can learn and share with our daughters, our friends and all those we love and care about male and female is the knowledge and confidence that comes with financial independence.

scale of 1-5. If you opt for the 12% return, you are more like 4 or 5 on the risk-tolerance scale. If your risk tolerance is low you will avoid volatility. A high-risk tolerance indicates you are willing to accept volatility in your investment portfolio.

Before you decide, there is another side to volatility. The savings account will maintain the original \$10,000 plus whatever interest you earn. Not so with a stock mutual fund that has a 12% return. You could also have a negative 12% return making your initial \$10,000 worth only \$8,800.

Dolores and Elaine are both comfortable with volatility. Each has a different explanation for how they came to feel comfortable with high-investment risk.

Elaine grew up on the farm. Farm families understand risk and the need for a long-term perspective. Elaine remembers when her father invested in a new John Deere tractor. Her mother decided that if the John Deere tractor was a good investment for the farm the stock would be a good investment for their investment portfolio. Elaine's mother also taught

much about short term investment results and doesn't make decisions based on media reports. Retirement is often thought of as a time to become a conservative investor. Not Dolores, she understands the effects of inflation and maintains a long-term investment perspective because she plans to enjoy many more years of retirement filled with travel and activity.

Remember there are two parts to market volatility:

1. Sudden decreases in market values, the part we would like to avoid and hope will end soon.
2. Sudden increase in market values, the part we all hope for and wish would never to end.

We do not get to choose only one part of volatility; if you want wonderful growth you must be willing to accept the decline. If you have long-term important life goals, learn to become comfortable with volatility.

Financial independence is a journey...more next month.

Karen L. Petersen CFP® CDFA™ is a fee-based financial advisor. You can contact her at 515-232-2785 or by e-mail at karen@myMoreThanMoney.net.

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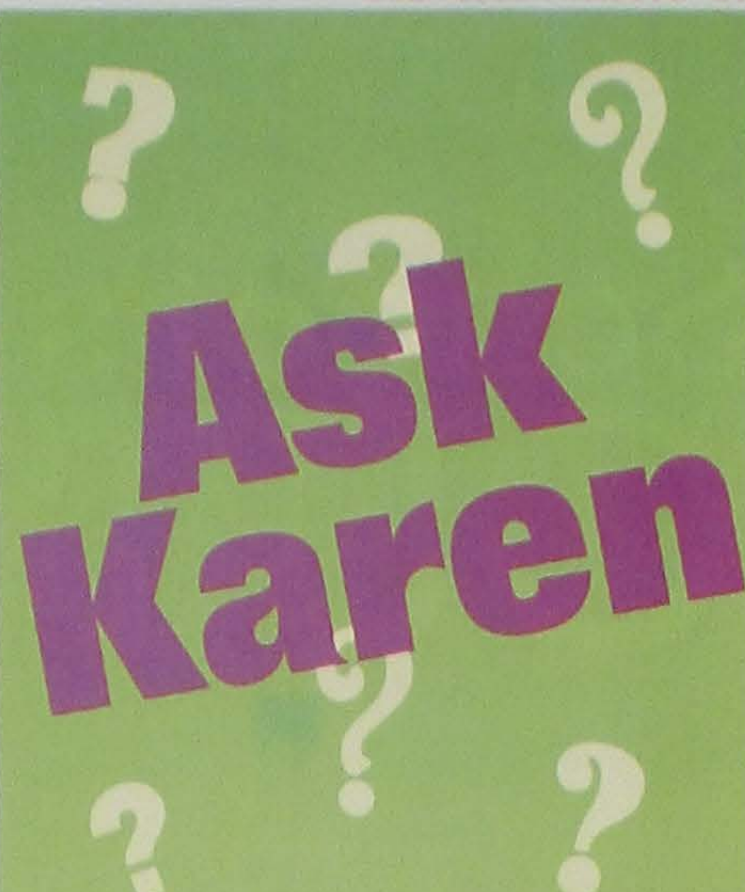
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School's OUT

By ROSE E. ELSBECKER

It's that time of year. School's out, kids shout "free at last." Then suddenly you hear the cry, "there's nothing to do," or so many mothers have related to me over the years.



Nothing is just what one pediatrician, and herself the mother of a daughter and two active twin boys, prescribes as good summer medicine, just good old-fashioned playtime. "It's good for the body and soul," said Colette Lothe. It's time to kick back, relax, take advantage of the great outdoors, fire up the imagination and see where your creativity takes you. But don't forget to take advantage of the library and the opportunity to explore the world through the world of books. Don't forget that there are many fun ways to practice math skills during the summer too. Go ahead, try it. Make a list of your own ideas. You would be surprised at what you come up with.

One 86-year-old grandmother, Dee Shively, shares that not doing much of anything were the times she enjoyed the most during the summer months. Taking a walk along the creek, picking berries, enjoying the wide variety of wildflowers and life's simple pleasures.

Jan McGinnis, a teacher and reading specialist at Miller Middle School in Marshalltown, also recommends taking time out just to play, recalling the fun her own children had just being outdoors, and using their imagination to come up with their own ideas for fun and entertainment. She encourages less video games and highly structured time, and more time to just "be."

McGinnis highly encourages students of all ages to find a variety of ways to keep

up their math and reading skills. Why? She shared some amazing facts. For instance, just keeping up with today's job-related technology, which many students don't believe requires a lot of reading skills, takes a lot more skill today than it did yesterday.

Amazing as it may seem to some, just to be an auto mechanic requires the ability to sift through three times more reading material with the manuals for the technical end of things than previously required for that line of work.

Monica Boone, a fourth-grade elementary teacher at St Mary's in Marshalltown, related some of the same kinds of things that she would like to see happen for her students over the summer. She would like to see them practice both their math facts and their reading skills, keeping up with their fluency in reading and learning new vocabulary words, all of which are important basics to keep up with in order to be ready to begin again this fall.

Another priority Boone recommends is spending more time with family, and less time in front of the TV or playing video games.

Teachers, mothers, grandmothers, aunts and friends alike all related these same common themes: more time for play; more free time; time for sports; and more emphasis on family time. Some things noted were that family time may simply be spending more time together and finding opportunities to bond—whether it be in the form of just spend-

ing time together, attending sporting events, doing odd jobs together to earn more spending money, working together around the yard or home, doing chores or other projects together, going to the library, going swimming, playing together or planning and taking a family vacation together.

Don't forget the importance of keeping up with the basic skills, the building blocks of the future. One mother, Lye Fung Lee, put it aptly, "Take advantage of more free time in the summer to go to the library, to read, to brush up on basic skills or areas of weakness in order to be prepared when the fall semester rolls around."

Let's not forget the fine arts and cultural events such as art, dance, drama or music lessons. Developing the child's talents in all these things reminded us of the importance of priorities, keeping things simple and maintaining a balance.

Last, but most certainly not least, a group of fourth-grade students from St. Mary's that I had the honor of working with throughout the past school year gave their own unique viewpoints about what they were excited about this summer and where their interests lie.

The students were given two questions. "What do you like to do during the summer?" and "If you had all the money in the world and you could do anything at all this summer that you would like to do, what would it be?"

Let's see where their imaginations take them and what they have to say in their own words:

Aaron loves to go fishing with his brother and dad. If he had all the money in the world or could see someone, he would love to see Tiger Woods and would also love to go to Hawaii and see starfish dolphins.

Cole would love to go golfing and swimming. If he could do anything in the world he would go to Florida for Pottermania in 2009.

Erica would like to go to Mexico to visit her Grandma and Grandpa. If she had all the money in the world she would like to make a movie for Harry Potter and meet the author, buy a lot of stuff, have a house to herself by the beach and travel around the world.

Joe would go watch the Chicago Cubs play. Over the summer he's looking forward to going to Minnesota, playing with friends and going swimming. If he had a trillion dollars, he would go to the Bahamas and also be the owner of the Minnesota Vikings.

Mitch would like to spend his summer going to baseball games, going on vacation and going to Seattle. If he had all the money in the world, and could do anything he wanted, he would like to be the owner of the White Sox, be a millionaire, live in Chicago and also have a house in Boston off the coast of the Atlantic Ocean. He tells us he would like to be Frank Thomas' agent.

Courtney is looking forward to going to Hawaii and swimming by the beach. If she had all the money in the world, she would buy a machine and put a pool in her back yard. She would also travel all around the world and see all the different cultures.

McKayla would like to go to Florida, go to a USA softball game, go swimming, go to friends' houses, go camping with her dad and go to dance camp. If she could do anything, she would really like to go to a USA softball game because she would like to see Jennie Finch play.

Madison would like to go swimming with her friends this

summer and go bungee jumping. She can't wait to go to dance camp, play softball and play with her friends. If she could do anything, she would go to California, Florida, Hawaii and North Carolina to the beaches and she would love to go to Walt Disney World.

Thea likes to swim in the summer. She would like to go to the cabin in Minnesota. She likes to see her family too. She also looks forward to going to Ohio. If she had a lot of money, what would she do with it? She would travel all over the world to see all the different cultures and she would take her family with her.

Carrie looks forward to going to Hawaii with her grandma, mother, sister and brother. Her dad can't come because he has to work for the summer. She wants to go to Paris with her family. If she had a million dollars, she would like to visit all around the world to see how all the cultures were different from one another.

A student who chose not to be identified wants to go swimming, gliding through the water like flying.

Another student who chose not to be identified wants to go to Kansas City to a baseball game. This student would also like to be the owner of the Chicago Cubs and get an autograph from Derrek Lee.

There you have it folks. The verdict is in, from teachers, parents, grandparents and students themselves. What did you have fun doing during the summer when you were growing up? What would be the ideal summer for yourself, your children or your family? If you could go anywhere, do anything, be anything, what would it be? The sky's the limit!

And if you think there's nothing to do. Take it from one little girl, who, when asked what she would like to do for the summer, replied, "I don't know. There's too many things to choose from!"

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BOOK REVIEW

By MARISA MYHRE

Chances are Nora Ephron has made you laugh. Chances also are, unless you work in a book store, you don't know who Nora Ephron is despite how much she's made you laugh.

Nora Ephron has worked on such screenplays as "Sleepless in Seattle," "You've Got Mail" and best of all for me at least, "When Harry Met Sally."

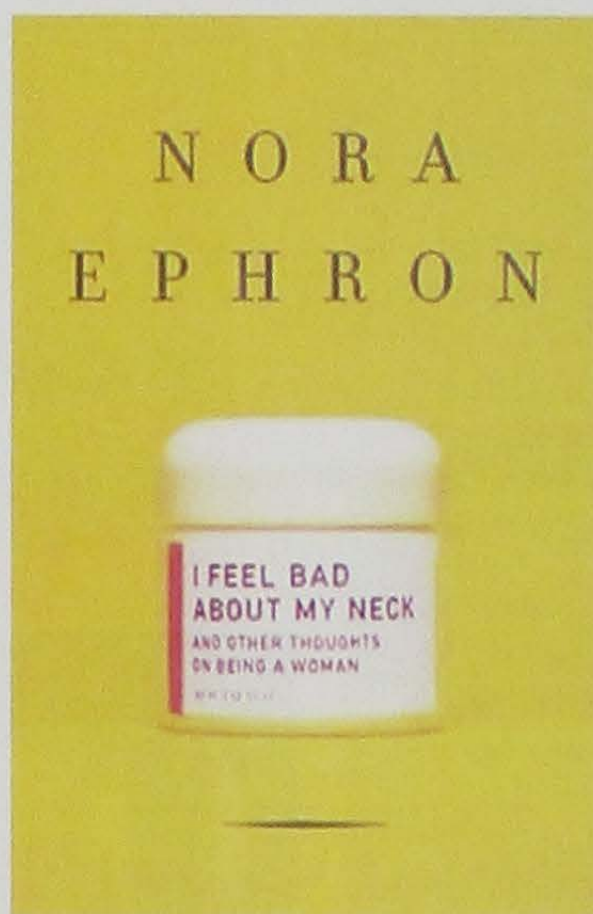
She has made me laugh countless times with countless girlfriends and family. After reading this book she has made me at least smile a few more times (laughing isn't as much fun without girlfriends around, that's why you make them read the book so you can laugh about it later).

The title of her latest book is "I Feel Bad About My Neck and Other Thoughts on Being a Woman." I was pointed toward this book by a few customers who had enjoyed it. Sales were pretty good when it first came out, which left me interested. It has also been picked up for gifts many times as well, which also recommended it to me.

The soft-cover version shows Ephron pulling a turtleneck up over her nose so the reader has no way of knowing how bad her neck looks. It's a tricky little bit as I at least really wanted to know how bad her neck is.

The book is a lot about the funny things that come with being a woman. The constant fight with purses, the futility in the midst of necessity in a beauty regime, and the careful way women have to talk to friends about things (like how much work is needed on sensitive body parts like necks).

It is also about the working world. Ephron has been a successful journalist among other things, and she has written a chapter about her time interning at the White House that is informative.



It is about motherhood and how parenting has changed over the years. It has advice for young and old, hers and those gems from her mother.

It is also about aging. It is about the horror of not being able to read as your eyes go. The final chapter is about death creeping up on her as she ages. Even in a discussion of death she manages to end on a witty, uplifting note.

In fact, the whole book is full of it. I'm 26 myself. I'm not married. I don't have kids, but her stories full of the domestic family life still spoke to me. The advice feels relevant whether I think I'll ever get around to using it.

But more importantly it made me smile. She is witty in this book, but she doesn't try to talk over the reader's head. She's smart enough that you get the feeling she could, but there is a conversational tone that makes you feel more like you're sitting around a table with your girlfriends than reading a book by a woman with many years of experience in print.

It will also speak to anyone who loves to read. She talks about getting lost in books in one chapter. It isn't just that she is smart and has a way with words. You can hear her love of storytelling and of the written word, and she hands it to her readers without asking for any credit. She just wants to chat with you for a while.

One warning comes with this review. She is very New York. She loves New York. She loves her beauty regime. She spends obscene amounts of money on hair coloring and manicures. She talks about apartments and shops and everything she loves about New York. These parts may not speak to a Midwestern girl like me. There are several places that I found myself thinking it was petty or I was completely missing the point because it was simply an experience I didn't have.

That said, there was a lot of enjoyment to have. It's a quick read and amusing. It's easy to skip around and find the fun in the conversational chapters. However much time she spends talking about things that may be outside my realm of understanding, and there was plenty, I enjoyed this book and would recommend it to those around me.

hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

Road trip to Utah

By MARY HALSTRUM
Facets Editor

As the departure date for our vacation to Redmond, Utah, drew near, thoughts raced through my mind about how everything would go. I wasn't worried about the actual vacation at my in-laws house. Rather, I was fretting about the 16-hour car ride through Iowa, Nebraska, Colorado and Utah with my husband and two daughters.

We needed to make sure the old Dodge Durango was in fine working order to make the 2,200-mile round trip, so the weekend before our scheduled departure we took the SUV in for a recall and asked the mechanic to perform a complete vehicle inspection. Of course, after all was said and done, we were out an unplanned \$200. Recall fixes are free, but the mechanic found a couple of needed fixes that weren't. Thank goodness my husband was a mechanic in a former life or we would have been out more than \$500, and

our summer vacation would have been postponed indefinitely.

I decided to make a list of things we needed to pack. Necessary items on the list after clothes and toiletries included activities and toys to keep the girls busy in the car. Two DVD players – check. DVDs-check. Earphones for DVD players-check. Blank, white paper-check. Crayons-check. Books-check. Did I mention that 16 hours is a long time? Even longer if Katharine, 6, and Rachel, 2, get bored.

Next on the list was the cooler. My goal was to have enough snacks so we would only have to stop for bathroom breaks and to eat a real meal, not to grab a bag of chips or whatever at the local convenience store every two or three hours. Juice boxes, apples, bananas and crackers-check.

We left on Friday, May 30, around 5 p.m. with our destination for the evening being



A view of the Colorado River.

Ogallala, Neb., 460 miles away. The first leg of our trip went fairly well except for Rachel not understanding that Mommy couldn't hold her when she got sleepy. Luckily a "Curious George" DVD helped out with that situation. Katharine was great, drawing horses most of the time.

The next day was filled with experiencing the beauty of Colorado. The girls and I had never driven through the Rocky Mountains before, so seeing the waterfalls and driving through the Eisenhower Tunnel was exciting for us. We stopped along the way to take a couple of pictures and then stopped for lunch in a lovely little city called Georgetown.

We finally arrived at my in-laws at about 6 p.m. on May 31 safe and sound. After the incredibly long car ride, we were grateful to be able to get

out and walk around.

The first night in Utah we had a bonfire and made s'mores. My in-laws live in the country, so much of the time was spent looking at the cows and horses at Farmer Al's house next door. My daughters were in heaven. The rest of the week was spent visiting with relatives and relaxing. We spent a lot of time outdoors, and the girls got to ride Spirit, one of the neighbor's horses.

All in all it was a great family vacation and we were sad to leave, but all good things must come to an end. The trip back to Iowa went well, except for an unexpected stop after Rachel had an "accident" in her pull-up. Soon we were back on the road, headed for home. Vacations are great, but it's always nice to be home even if it means getting back to the daily grind.



The girls take a ride on Spirit.

MEET A faceted woman

Julie Weeks | 54 | Director Ames Convention & Visitors Bureau and ISU Extension Conference Planning & Management | Husband - Craig, Son - Sam, lives in Slater, Daughter - Jessie, lives in Chicago

What would you do with \$1,000 to spend on yourself? Take off for a weekend trying to turn it into \$3,000.

Your favorite meal: Anything my husband makes – especially with asparagus.

Craziest fashion you ever wore: Since Halloween is my favorite holiday, there are several that come to mind. The worst was just trying on the Snow White outfit!

I never leave home without: My debit card, you just never know when you need cash.

Your favorite motto: "Grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."

What makes you happy? Time with family and friends.



Julie catches a Halibut off the coast of Ketchikan, Alaska.

What makes you laugh? Almost everything – there is a little humor everywhere

What have you accomplished that has made you proud? 33 years of marriage and two great kids.

Best tip to look and feel great: I always feel the best when I stick to a regular exercise program. Getting up early and going for a quick walk is a great way to clear



Julie at her son Sam's wedding. Clockwise from left, Julie, Craig, Sam, Jessie and Angie.

your head and get you ready for the day.

If you could do or be anything you want, what would it be? Take a trip around the world – there is just so much to see and experience.

If you knew then what you know now, what would you have done differently? Working in Ames and so closely with ISU, I would have chosen to attend and graduate from Iowa State University.

My idea of a nightmare job: Working 8 to 5 doing the same thing every day.

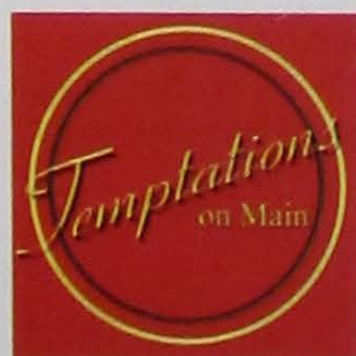
My simplest pleasure: Pedicure – followed by a walk on the beach.

When I am an old lady: I hope to be just a little eccentric.

Favorite wardrobe staple: Blue jeans – it seems like you're always having fun wearing them.



Julie enjoys dinner with her husband Craig onboard Sapphire Cruise ship.



What is your favorite kind of chocolate?

Julie Weeks: Hands down the best is a dark chocolate turtle that gives you the gooey caramel center and the crunch of the almond. Always best with a glass of red wine.

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In 2007, the Diabetes and Nutrition Education Center touched the lives of over 89,000 individuals. With confidence, compassion, and commitment to our mission, Mary Greeley Medical Center's staff will continue the efforts to deliver specialized care with a personal touch.

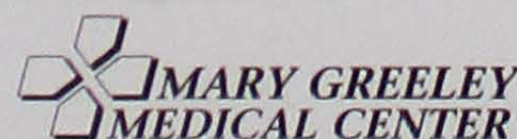
Having diabetes always made me feel different from everyone else. But the more I learn how to manage my disease, the more I feel like a regular teenager.

Andrea Becker
Andrea Becker



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Barb Fatta, RN, CDE



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